

[View this email in your browser](#)



SAUSALITO VILLAGE



JANUARY 2019 Newsletter

*The new year stands before us, like a chapter in a book,
waiting to be written.*

Melody Beattie



Looking for the complete schedule of Sausalito Village events? [Click Here](#)



**LOOKING FOR A VOLUNTEER JOB?
YOU'VE COME TO THE RIGHT PLACE!**

Sausalito Village is run by volunteers - all of our activities happen because of people like you who are willing to donate time each month to keep things rolling. Here are some current volunteer 'job openings'. If any look of interest to you, contact Tricia at triciasmith58@yahoo.com.

One hour per month:

Snail Mail Buddy - Our members without computers need a Snail Mail Buddy to deliver printed flyers and/or newsletters once or twice per month

Hang Flyers Around Town - Ask local businesses to hang flyers about SV and CARSS in their windows

2-3 hours per month:

Shopping Trip - Drive 2-3 members to a shopping destination (Whole Foods, Costco, Sprouts) once per month

Monthly Educational Presentations - Set up presentations and attend or find a host

Monthly Bay Area Trips - Set up day trips around the Bay Area and plan to attend or find a host

Drive to Medical Appointments - Drivers accept rides that are convenient to their schedule. Medical rides are available throughout Marin County.

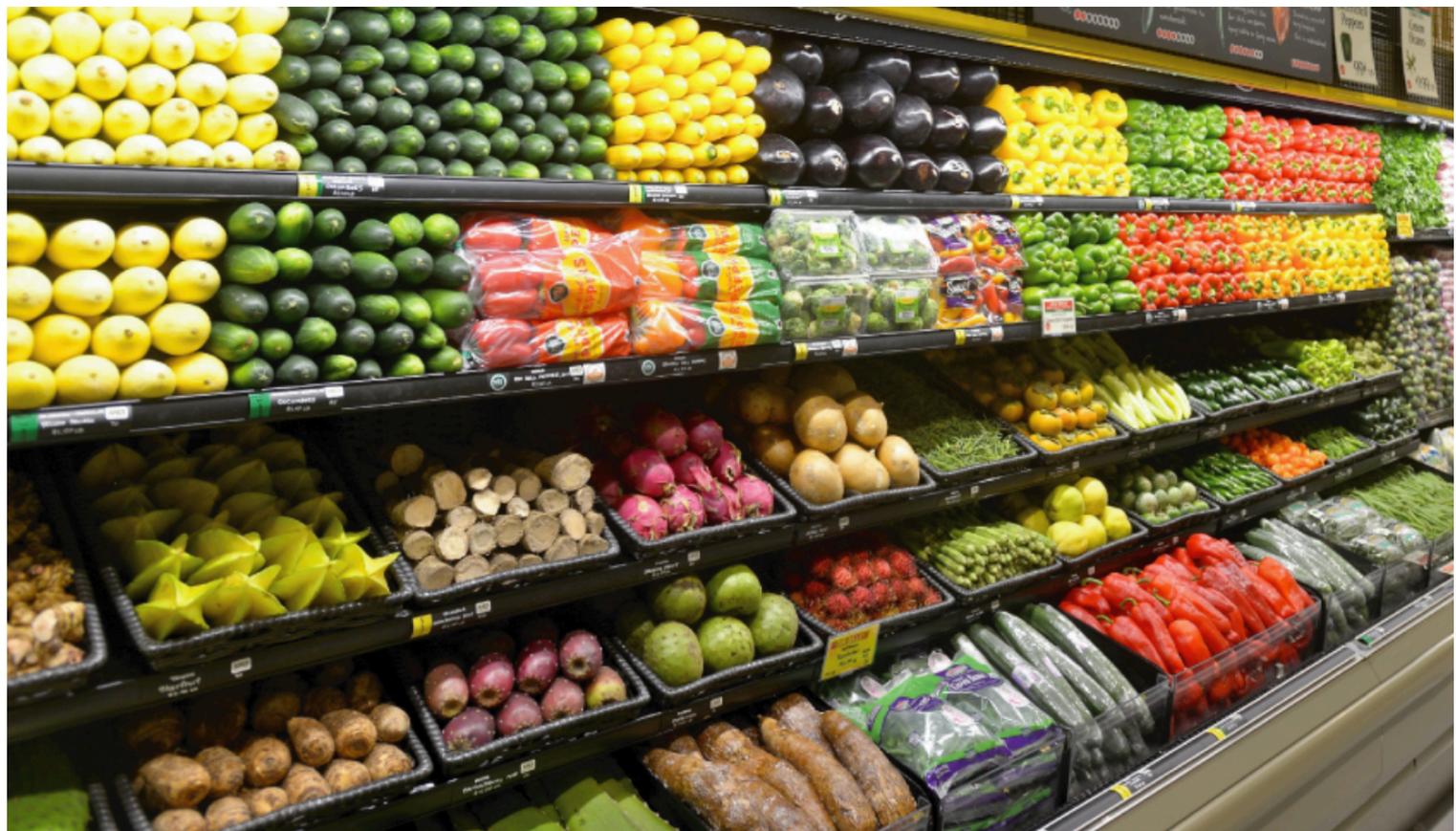
4 hours per month:

Co-Manage Discount Program - Visit local businesses to update current discount contracts. Discounts are offered to members when they show their SV Member card

Drive a Shift for CARSS (Call A Ride for Sausalito Seniors) - Drivers commit to one 4 hour shift per month (10am-2pm) to drive seniors around town.

4-8 hours per month:

Co-Manage Preferred Providers Program - This program provides member-recommendations for all types of services from doctors to plumbers. It needs some serious updating, so the first few months will require more hours (8), but once it is up to date, it will be considerably less....especially when shared.



NEW SHOPPING TRIP ADDED - WHOLE FOODS IN MILL VALLEY

Sausalito Village offers group shopping trips to Trader Joe's, Costco/Target, Dollar Tree/Sprouts and now Whole Foods on Blithedale. These trips are offered to members only and are provided by vetted volunteer drivers using their own cars. The first Whole Foods trip will take place on January 7th. Please check the calendar for when all trips will be happening and RSVP with the Concierge at sausalitovillageconcierge@gmail.com or 415-332-3325.



EXTRA CARSS RIDES

Reserve by 5:00 pm, two days ahead

415.944.5474 or infocarss4you@gmail.com

Met Opera Preview - Adriana Lecouvreur Tuesday, January 8th, 7pm in the Edgewater Room. More info: <https://www.sausalitlibrary.org/programs/adult-programs>

The Realities of Getting Published Tuesday, January 15th, 7pm in the Edgewater Room. More info: <https://www.sausalitlibrary.org/programs/adult-programs>

Gatsby Revisited: Flappers and Philosophers Friday, January 18th, 7pm
inside the Library. More info: <https://www.sausalitlibrary.org/programs/adult-programs>

Cabaret Singalong Birthday Toast Monday, January 21st, 3pm Chamarita
Room. More info: <https://sausalito.helpfulvillage.com/events/1323>

Learn from yesterday, live for today, hope for tomorrow.
– Albert Einstein



NEW YEARS RESOLUTION: NOT TO DRINK AND DRIVE
Older adults sensitivity to alcohol

Older adults are more sensitive to alcohol and driving abilities can be impaired quickly. You don't need to be drunk to have your ability to drive impacted - it starts with the first drink. Learn more by clicking on the link below to a CBS News article on the subject: <https://www.cbsnews.com/news/older-drivers-may->

Hire a driver when you know you will be drinking

These days, there are many ride options so that if you do partake, you don't have to get behind the wheel.

Options if you have a smartphone

Lyft and Uber are apps that you download onto your smartphone.

Click the link below to go to the LYFT website:

<https://www.lyft.com/rider>

Click the link below to go to the UBER website:

<https://www.uber.com/us/en/ride/>

Don't have a smartphone?

For Go Go Grandparent and Arrive Rides, no smartphone is needed. They set up rides with Lyft and Uber for you when you call them.

Click the link below to go to GoGo Grandparent website:

<https://gogograndparent.com/#howitworks-section>

Click the link below to go to Arrive Rides website:

<https://arriverides.com/how-it-works/>

All of these ride options should be set up before you need to use them (apps set up on your phone with Lyft and Uber, telephone calls made to set up an account with Go Go Grandparent and Arrive Rides).

If you're going out for a drink, plan ahead with a ride option, have a designated driver, or call a taxi. Don't drink and drive.

MARK YOUR CALENDAR: Amy Stice, owner/operator of Arrive Rides will be doing a presentation about how Arrive Rides can coordinate Lyft/Uber rides for you when you don't have a smartphone. Thursday, February 7th at 10:30am in the Edgewater Room.



TOAST OUR MEMBERS CELEBRATING A JANUARY BIRTHDAY
at the
JANUARY 21st CABARET SINGALONG AND BIRTHDAY TOAST
(3pm in the Chamarita Room, 501 Olima Street)

Thanks to the volunteer hours of member **Phyllis Kinimaka**, our monthly Birthday Toast and Cabaret Singalong will merge into one event with pianist Andy Dudnick at the keys singing happy birthday to our members celebrating each month.

Speaking of birthdays....special thanks to **Bianca Mascarro** who has been sharing her talent for calligraphy with us! She is the special ink behind the beautiful envelopes that hold the cards sent by volunteer **Lois Prentice** to members when it is their birthday month. Didn't get a card from us in 2018?

Make sure we have your birthday date on file and we will be sure to add you to the list. Contact the Concierge at sausalitovillageconcierge@gmail.com or 415-332-3325.

Here is the list of SV Members having a January Birthday:

Marilyn Aronowitz

Ceci Browne

Jane Clinton

Valerie Miller

Rayner Needleman

Meg Fawcett
Teddie Hathaway
Barbara Macondray

Gerald Needleman
Rosalie Wallace

12 MINUTE MEDITATION FOR MEMORY LOSS

From the Alzheimer's Research and Prevention Foundation Website

Kirtan Kriya (which is pronounced KEER-tun KREE-a) is a type of meditation from the Kundalini yoga tradition, which has been practiced for thousands of years. This meditation is sometimes called a singing exercise, as it involves singing the sounds, Saa Taa Naa Maa along with repetitive finger movements, or mudras. This non-religious practice can be adapted to several lengths, but practicing it for just 12 minutes a day has been shown to reduce stress levels and increase activity in areas of the brain that are central to memory. has been promoting a type of Kundalini Yoga Meditation called Kirtan Kriya meditation.

You can follow along in this Youtube video by clicking on this link:

<https://www.youtube.com/watch?v=jfKEAiwrgY>

Click this link to read the entire article from the Alzheimer's Research and Prevention Foundation: <http://alzheimersprevention.org/research/kirtan-kriya-yoga-exercise/>



Surveys, Surveys, Surveys!

This will be a year of surveys, and a great opportunity to have your opinion heard by a number of City and County Commissions and Agencies. Coming in the next several months are a survey on caregiving and one on Age Friendly services and needs.

This first survey is a general resident satisfaction survey covering a wide range of issues from the County itself.

Age Friendly Sausalito's International Award to be Acknowledged by City Council

The new date for the City Council to accept the Age Friendly Award received from the World Health Organization is Tuesday, January 8 at 7:00 pm. It would be great if folks can come and show their support for the City's efforts to make Sausalito an even better place to grow up and grow old.

Questions? Contact Age Friendly Sausalito Chair Sybil Boutilier at sboutilier@gmail.com

Thank YOU Christine Darling!!!

Christine Darling is our wonderful SV Volunteer who donates her time to create and edit the monthly Sausalito Village Newsletter. Christine began volunteering for SV long before she even lived in Sausalito. She signed up as a volunteer when she and her husband purchased a home that needed renovation in Sausalito. That was some time ago and due to construction set-backs (surprise, surprise!), they moved into their new home just weeks ago. Christine had a very busy month of December between the move and retirement from her paying job. Therefore I put together the Newsletter for January....so if I made any errors....I am sorry!! Christine will THANKFULLY be back at it this month. Thank you Christine! - *Tricia Smith*



PLEASE JOIN US ON [FACEBOOK](#) TODAY!



Special Thanks to Sherrie Faber and First California Realty for printing and mailing this newsletter to Sausalito Village members who cannot receive email. If you would like to discuss your real estate needs, Sherrie can be reached at 415.331.6100



